

IN THE CLAIMS

The following listing of claims will replace all prior versions, and listings, of claims in this application.

Listing of Claims

Claims 1-13 (Previously Cancelled).

14. (Currently Amended) A sports drink, ~~characterized in containing~~ comprising viable lactobacilli having a positive effect on human intestinal mucosa.

15. (Currently Amended) A sports drink comprising micronutrients in combination with conventional additives for sports drinks, ~~characterized in containing in addition and~~ viable lactobacilli having a positive effect on human intestinal mucosa.

16. (Currently Amended) A sports drink according to claim 15, ~~characterised in containing comprising~~ one or several strains of Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus fermentum, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus reuteri, and Lactobacillus rhamnosus in a therapeutically effective amount.

17. (Previously Amended) A sports drink according to claim 15, wherein the micronutrients are selected from the group consisting of ascorbic acid, vitamin E, carotenoids, pyridoxine, thiamine, riboflavin, niacin, cobalamin, folacin, Q10, flavonoids, copper, magnesium, manganese, selenium, zinc and chromium.

18. (Currently Amended) A sports drink according to claim 15, ~~characterised in containing~~ comprising per 1000 g

ascorbic acid	500-1200 mg
vitamin E	250-375 mg
β -carotene	15-25 mg
pyridoxine	15-25 mg
sodium	20-60 mg

potassium	60-100 mg
copper	0.5-1.5 mg
magnesium	120-175 mg
manganese	1-3 mg
selenium	0.05-0.15 mg
zinc	5-15 mg

19. (Previously Amended) A sports drink according to claim 15, which comprises proteins, optionally in combination with amino acids.

20. (Previously Added) A sports drink according to claim 19, wherein the protein is a whey protein or whey protein hydrosylate.

21. (Previously Amended) A sports drink according to claim 15, which comprises carbohydrates having a low glycemic index, optionally in combination with carbohydrates of a high glycemic index.

22. (Currently Amended) A sports drink according to claim 15, ~~characterised in~~
~~containing~~ comprising per 1000 g

whey proteins	15-60 g
carbohydrates	40-150 g
micronutrients	1-2 g
probiotic strain of	$5 \cdot 10^7 - 5 \cdot 10^8$ cfu/ml
Lactobacillus	

23. (Currently Amended) A sports drink according to claim 15, ~~characterised in~~
~~containing~~ comprising per 1000 g:

whey protein isolate	15-60 g
mono- and disaccharides	40-150 g
micronutrients	1-2 g

L. plantarum DSM 9843

$5 \cdot 10^7 - 5 \cdot 10^8$ cfu/ml

24. (Currently Amended) ~~Tablet~~ A tablet for the preparation of a sports drink according to claim 15 in vivo or in vitro, ~~characterised in that it comprises~~ comprising micronutrients in combination with freeze-dried, viable lactobacilli.

25. (Currently Amended) ~~Use of lactobacilli for the preparation of a sports drink according to claim 15 to prevent and treat~~ A method of treating stress symptoms, gastrointestinal disturbances, and lesions of the ~~mucose~~ mucosal membrane of the intestines in an individual, comprising providing the sports drink according to claim 15 to the individual wherein the sports drink is ingested by the individual to treat stress symptoms, gastrointestinal disturbances and lesions of the mucosal membrane.

26. (Currently Amended) A sports drink according to claim 14, ~~characterised in containing~~ comprising one or several strains of *Lactobacillus acidophilus*, *Lactobacillus casei*, *Lactobacillus fermentum*, *Lactobacillus paracasei*, *Lactobacillus plantarum*, *Lactobacillus reuteri*, and *Lactobacillus rhamnosus* in a therapeutically effective amount.

27. (Previously Added) A sports drink according to claim 14, which comprises proteins, optionally in combination with amino acids.

28. (Previously Added) A sports drink according to claim 27, wherein the protein is a whey protein or whey protein hydrolysate.

29. (Previously Added) A sports drink according to claim 27, which comprises carbohydrates having a low glycemic index, optionally in combination with carbohydrates of a high glycemic index.

30. (Currently Amended) A sports drink according to claim 27, ~~characterised in containing~~ comprising per 1000 g

whey proteins

15-60 g

carbohydrates

40-150 g

micronutrients	1-2 g
probiotic strain of	$5 \cdot 10^7 - 5 \cdot 10^8$ cfu/ml
Lactobacillus	

31. (Currently Amended) A sports drink according to claim 27, ~~characterised in~~ containing comprising per 1000 g:

whey protein isolate	15-60 g
mono- and disaccharides	40-150 g
micronutrients	1-2 g
L. plantarum DSM 9843	$5 \cdot 10^7 - 5 \cdot 10^8$ cfu/ml

32. (Currently Amended) ~~Tablet A~~ tablet for the preparation of a sports drink according to claim 27 in vivo or in vitro, ~~characterised in that it comprises~~ comprising micronutrients in combination with freeze-dried, viable lactobacilli.

33. (Currently Amended) ~~Use of lactobacilli for the preparation of a sports drink according to claim 14, to prevent and treat~~ A method of treating stress symptoms, gastrointestinal disturbances, and lesions of the ~~mucosa~~ mucosal membrane of the intestines in an individual, comprising providing the sports drink according to claim 15 to the individual wherein the sports drink is ingested by the individual to treat stress symptoms, gastrointestinal disturbances and lesions of the mucosal membrane.